



**Extrahome Homes**

*Engaging the Beauty of Life*

## **Crafting fulfilling lives Through meaningful activities**



# Introduction

"At Extracare, we don't just provide care, we celebrate life in all its vibrancy!

Our philosophy is centred around our understanding that life acquires meaning by nurturing body, mind and soul.

We feel that every person is wonderfully unique and needs their significance validated through the life they live.

To meet their unique requirement, we take the time to know each resident personally, delving into their life stories, preferences, and even the little quirks that make them who they are. This information then used by our dedicated activities team to create a stimulating environment filled with a diverse range of activities, events, and community connections.

This can range from a quiet moment in personal space to lively social gatherings in the heart of our home. Our team members uses a blend of technology and human touch to ensure everyone's need to live an active life that promotes their well-being is catered to. This blends well with our ethos that, we're not just a residence, we're a community that cherishes each individual's history, passions, and journey, ensuring every day is enriched with joy and meaningful experiences.

Our Belong to Know Me booklet, completed by residents and their families, help us to really understand each resident when they move into one of our homes.





## Our Activities Team

Our activities team is dedicated to devising a weekly roster of activities that not only engage but truly resonate with our residents. These activities are thoughtfully designed to offer physical, mental, and social stimulation, and are personalized to align with the diverse interests, capabilities, and cultural backgrounds of our residents. The purpose of these activities is to enhance residents' daily living skills, instill a sense of accomplishment, and nurture self-esteem. A key element of our approach is to infuse joy and laughter into every day, helping residents to forge lasting friendships and relish in shared experiences.

Our team is adept at curating a variety of stimulating activities, while also making sure residents continue to indulge in their own cherished hobbies and interests.

We believe in celebrating individuality and fostering an environment where every resident feels valued and connected. "

## Life in our homes

Our home is a vibrant place where no two days are the same. Every week has got a range of activities and engagement for residents that support their mind, body and soul. Among the activities that residents enjoy are outings to local places of interest, live entertainment, events and opportunities to engage with the local community.

We understand that life doesn't adhere to a strict schedule, and neither should our activities. That's why, in addition to our planned events, we offer the option for residents to participate in everyday tasks and activities at their leisure. There's always something happening, with an abundance of in-house entertainment and activities for residents to immerse themselves in. Our approach ensures that life here is not just about following a routine but embracing the spontaneity and joy of living each day to its fullest.

The following are always available for residents to make use of at any time:

- Recent magazines and newspapers on different subjects and interests
  - Fiction and non-fiction books
  - Audio-books
  - Clough On-demand – an online platform for quizzes and activities of interest
  - Variety of games including puzzles, crosswords and cards
  - TV, radio and films
  - Writing sets
  - Knitting and craft materials
- And specifically for residents living with dementia:
- Reminiscence materials to encourage positive memories
  - Interactive 'Magic Tables' for light projection gaming (where available)



## Activities: An example Week commencing 1st February

### Monday

- 10.00am - Introduction
- 11.00am - Study Project Session
- 1.00pm - Materials Introduction (Practical workshop/Activity/Workshop)

### Tuesday

- 10.00am - Project Strategy Presentation
- 11.00am - Materials Introduction (Practical workshop/Activity/Workshop)
- 1.00pm - Materials Lecture (Practical workshop)

### Wednesday

- 10.00am - Materials Introduction (Practical workshop/Activity/Workshop)
- 11.00am - Materials Introduction (Practical workshop/Activity/Workshop)
- 1.00pm - Materials Lecture (Practical workshop)
- 1.00pm - Materials Lecture

### Thursday

- 10.00am - Introduction
- 1.00pm - Materials Introduction (Practical workshop/Activity/Workshop)
- 1.00pm - Materials Lecture

### Friday

- 10.00am - Materials Lecture
- 1.00pm - Materials Lecture
- 1.00pm - Materials Lecture

### Saturday

- 10.00am - Materials Lecture
- 1.00pm - Materials Lecture
- 1.00pm - Materials Lecture

### Sunday

- 10.00am - Materials Lecture
- 1.00pm - Materials Lecture
- 1.00pm - Materials Lecture

### Notes

## Weekly and monthly activities

- Group time
- Time with individuals
- Balance of the mind, body and soul
- Inclusive and culturally diverse
- Personalised to abilities



## Special moments

- Individual meaningful activities
- Top special wishes
- Special birthdays, anniversaries and celebrations







## Fostering Creativity and stimulating the Mind

We cherish the unique life journeys and experiences of each individual in our home. Their rich tapestry of creative hobbies and accomplishments is a source of endless inspiration to us. At the home, we're committed to nurturing residents' passions, whether it's rekindling an old hobby or discovering a new interest. Our focus is on providing opportunities that not only stimulate the mind but also foster social connections and a profound sense of accomplishment in everything they do.

Examples of residents' favourite pastimes include:

- Baking and cooking
- Billiards and pool table playing
- Painting and other artistry
- Gardening
- Music - Sing-a-longs, Karaoke and instruments
- Creative writing
- Poetry readings and writing
- Photography and scrapbooking
- Mindfulness coloring
- Flower arranging

# Keeping active

An active lifestyle is key to enhancing the immune system and overall well-being, especially as we grow older. So, we encourage residents to stay active and enjoy themselves, while also taking into consideration their abilities.

This includes physical activity in groups through timetabled classes, or supporting everyday movement that promotes independence. Our community enjoys high participation in our weekly group sessions, crafted to be enjoyable and accessible for all skill levels. Additionally, personalized one-to-one activities are readily available for those who prefer individual engagement.

Here are some examples of the activities residents enjoy:

- Yoga
- Pilates
- Exercises with weights or resistance bands
- Movement to music
- Ball and balloon games
- Floor games (i.e. darts)
- Walking
- Gentle exercises in bed
- Armchair exercises
- Sensory experiences
- Mindful relaxation





## Mental stimulation and cultural interests

Our minds get nurtured and nourished when we participate in mental stimulation provided by discussions and activities of hobbies, interests, life experiences and favourite topics.

We create opportunities for residents to engage in a variety of discussions and activities specifically aimed at enhancing memory, fostering problem-solving skills, and stimulating logical thinking. By delving into each individual's cultural background, understanding their current hobbies and games they currently enjoy and topics that interest them the most, we're able to customise activities that resonate with their personal preferences and unique needs.

The following activities are always popular with residents:

- Topical discussions and debates
- Quizzes and trivia
- Crosswords, word searches and Sudoku
- Board games e.g. Scrabble, Pictionary and Trivial Pursuits
- History and cultural readings
- Newspapers / Magazines
- Documentaries
- Listening to podcasts or news on TV / Radio
- Photo sets

# Life Stories

"Every life lived is a worthy story of how humans handle challenges and carve out meanings" *anonymous*

Every resident's life story is unique and is worthy of sharing. For many of our residents, recollecting and sharing past experiences brings joy and revives cherished memories, serving as a valuable tool for cognitive stimulation. Engaging in reminiscence allows residents to appreciate not only who they were as a person in their earlier years but also who they are today. Our homes are equipped with thematic reminiscence aids, reflecting various eras, to facilitate activities, spark conversations, and even assist in wayfinding to support autonomy. By attentively listening and learning about each resident's personal journey, their preferences, and aspirations, we are better equipped to provide truly individualized care.

Here are some of the ways we enable residents to reminisce:

- War-time entertainers and singers
- Empathy dolls and robotic pets
- Memory boxes
- Memorabilia in areas of the home
- Photos and memorabilia of outside life and self-love scenes from the past







# Socialising and uplifting the spirit

Our home offers a rich tapestry of social activities every week, providing ample opportunities for residents to engage, forge friendships, and enjoy themselves. These activities range from interactions within our resident community, to connecting with local community members. We focus on offering a diverse array of experiences to uplift the spirit, including joyous sing-a-longs, spiritual services, and delightful afternoon tea gatherings. We warmly welcome families and friends to be a part of these events, inviting them to join in and share in the activities with our residents.

## Some of the ways our residents like to socialise:

- Sing-a-longs with local choirs
- Gardening clubs and discussions
- Letter writing and book clubs or audio
- Local initiatives, book clubs/groups
- Offer with local schools
- Cinema afternoon
- Day afternoons, entertainment shows
- Wine and food tasting
- Personal celebrations and parties
- Religious services
- Day and animal clubs



## Outings - Exploring Beyond Our Walls

Our residents place a high value on day trips and excursions. Each of our homes organises regular visits to local shops and carefully planned group trips to various places of interest. Among the favourite destinations for our residents are historical National Trust properties, vibrant garden centres, and scenic seaside locations where they can enjoy a delightful ice-cream.

## Connecting with the Community

Our residents love to maintain a vibrant connection with the wider community.

From school chats to pen-pal schemes, and history talks to knitting clubs. These engaging/purposeful activities enable residents to stay connected with the things they love.

Our residents highly value the contribution of volunteers who dedicate their time to interact with our residents and their families. Their involvement in various events and activities brings a unique and positive dimension to our community, enhancing the lives of everyone involved.

Our activities team love to facilitate community engagement of all types to enrich the lives of our residents.



# The use of technology

Through technology we provide sensory engagement to nurture the well-being of our residents. This includes music players to create personalised play lists, and interactive light projections that provide a range of games to stimulate movement and have some fun. We're also proud to work with national partners that join us through the use of technology to bring the best of Britain into our care homes, enabling residents to experience exciting new places and stay connected with the world around them. These have included the V&A Dundee, English National Ballet and The Wallace Collection.

Here are some examples of the events residents have been enjoying through the use of technology:

- Live musical and dance performances
- Historical and cultural tours
- Wildlife encounters
- Gallery tours and art seminars
- Flower arranging
- Chocolate/fabery tours



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